



## Residential Cottages

The Residential Cottages are Level IV staff secured residential treatment programs designed to address the needs of adjudicated youth and assist them in making a successful transition into the community. *Grace Cottage* is a fourteen bed facility for adjudicated females from the ages of 12-18. *Snowden Cottage* is a fifteen bed facility for adjudicated males from the ages of 12-18. *Mowlds Cottage* is a sixteen bed facility for adjudicated males between the ages of 12-18. Each resident attends school on site with education provided by certified teachers with the Department of Education. Youth are exposed to a number of group and individual programs with a focus on behavior management, and earn the ability to have home passes and privileges within the Cottages. We support family engagement and strive to provide our youth with a seamless transition to the community.

### Staff

The Residential Cottages employ various staff to work with the youth we serve.

Family Crisis Therapist: Coordinates with the youth and family to address needs while in the program.

Treatment Specialist: Provides individual counseling, treatment plan, aftercare plan, and involves the family in case planning.

Program Psychologist: Conducts an assessment of all youth.

Medical Staff: Offers medical services on site if needed or requested.

Youth Rehabilitative Counselor: Responsible for safety and support of youth.

To provide the best service to our youth, all staff participate in annual training of First Aid/CPR, PREA, Suicide Prevention, Working with Youth Disabilities, and Handle with Care, plus training for all evidence-based programming. All clinical staff must have specific training to maintain their licensure.

*"Being here shows me that anybody can change, no matter what your past has been or what you have been through. You can still change."*

**– Resident, Mowlds Cottage**



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## Programming

The residential cottages offer best practices and evidence-based programming during a youth's stay to address their needs, promote positive behavior, and continue their education. All programs are evaluated by the Quality Improvement Unit using a standard protocol, and are measured against evidence-based standards.

**CBT (Cognitive Behavior Training)**- Evidence-based practice focusing on thinking patterns to change behavior. Instruction focuses on decision-making, anger management, relationships, cooperation, and social skills. When youth transition to the community, they will be able to apply the skills at home, school, and the workplace.

*The goal of the program is to change behavior by helping youth examine their beliefs and thinking patterns before they behave in an inappropriate way.*

**T4C (Thinking for a Change)**- Group sessions using evidenced based cognitive behavioral curriculum that includes cognitive restructuring, social skill development, and problem solving skills. Emphasis is placed on active listening, recognizing risk, empathy, and behavior.

**Lifeskills**- A highly interactive skills-based program designed to promote positive health and personal development for middle and high school youth. Based on the highly effective Botvin LifeSkills Training curriculum, this program helps adolescents navigate the challenges of the high school years and prepares them for the independence and responsibilities that they will encounter as young adults.

## Substance Abuse

Youth determined to have substance abuse needs participate in treatment called **The Seven Challenges®**, which is a comprehensive counseling program for young people that incorporates rectifying alcohol and drug problems. It uses an approach called "Mastery Counseling™" led by a Substance Abuse Program Administer. Students are given treatment assignments which help them to process their thoughts, emotions, and behaviors on a variety of addictive issues with regard to their drug use and lifestyle.



## Vocational and Career Readiness

**Career Readiness Course**- Provides youth with skills in job readiness, such as: Researching Various Careers, Mock Interviews & Dressing for Success, Job Seeking Skills, Resumes and Cover Letters, Online and In-Person Applications and Interviews, Written Communication Skills, Telephone/Verbal Communication Skills, Career Interest Inventories, and Online Safety (including Social Media).

**Financial Literacy Course**- Teaches youth about fiscal management and responsibilities. This course also provides career information pertaining to Occupations, Wages, Employment Outlook, Spending and Credit (and Why Credit Matters), Consumer Protection & Protecting Your Identity, Money Management & Making a Budget, Researching Large Purchases, Understanding Take Home Pay, and Financing Your Education Beyond High School.

**Culinary Arts Course**- Offers hands-on training in culinary skills. Program is offered four times a year and is approved by the DE DOE for high school credits, considered a career pathway in many DE high schools. The course includes "hands-on" training by a Certified Culinary Instructor who teaches specific cooking skills and covers topics about: Food Safety and Sanitation, Cooking Techniques & Methods, and Catering. All students earn the ServSafe Food Handler Certification which is valid for five years and provides the students with an advantage in the labor market for jobs in these areas.

There is an externship component or employment within the community in the hospitality industry.

**Communities in Schools**- Offers youth assistance from a professional to support and empowers them to stay in school and achieve in life. Youth receive information and training about healthy living and nutrition, assistance with career readiness goals, marketable skills to use upon graduation and helping youth to make connections to give back to community and peers.



## Education

The Educational Services Unit provides comprehensive educational programs year round and is appropriate to each child's age, abilities, developmental stages and placement. Academic instruction is provided by certified instructors. Special education services and GED preparation are available. Upon completion, educational transition to the youth's school district is supported by the education department.

The Delaware Department of Education ensures all youth meet requirements and standards for their academic success. Educational Placement is determined by the School's Educational Placement/Planning Team (EPT) in accordance with verifiable documentation of a student's past and current academic records and demographic information.

Educational Services are offered in a consistent manner and are aligned with the Delaware Department of Education Curriculum Standards. Students use a standardized curriculum and can earn academic grades and credit which are transferrable back to their assigned Home School District.



### Grace Cottage

#### Grace Programs:

**Girls Trauma Group**– *Beyond Trauma* program is an evidence-based, 12 session curriculum, designed to help women and girls recover from the effects of trauma in their lives.

**Growing Great Girls**– A gender-responsive, life-skills, program for girls that creatively blends research based content with interactive exercises and meaningful worksheets.

The young women at Grace Cottage receive gender-responsive services tailored to meet their unique needs. Grace employs a cross-system and community collaboration to provide a variety of evidence based and pro-social programming to young women. Services focus on addressing their complex needs, including: physical, relational, intellectual, emotional, and spiritual well-being.



### Snowden Cottage



Snowden Cottage is a Level-IV facility, that is often a first-time residential placement for adjudicated males. The staff-secured residential treatment facility is designed for younger justice involved males who require a more intensive service to address their needs. The staff at Snowden work with the families and youth to ensure a quality rehabilitative treatment plan.

### Mowlds Cottage

Mowlds Cottage is a 16 bed, staff-secured program for high school-aged delinquent males. The program is designed to address the needs of young men and assist them in making a successful change to their attitude and behaviors to promote positive decision-making, education, and career readiness.



All Cottages offer additional programming to support positive change during a youth's stay.

These include:

- **Individual & Family Counseling**
- **Volunteer Opportunities**
- **Religious Services**

#### **Additional Resources Offered**

Culinary, Gardening, Yoga, Second Chance Canine Program, 12-Step Meetings, Anti-Bullying, Health & Fitness, Nutrition, Stress Management, Mentoring, Community Service Projects, Sex Education, and Positive Activities & Recreation.

***The Residential Cottages are accredited by the American Correctional Association, and National Community Based Standards.***

#### **Family Involvement:**

Throughout the youth's stay, we support interaction with the youth's family to supply services to assist with providing guidance to meet the child's needs. Upon a youth's entry into the program, a family needs assessment is completed. This information is useful for case planning. We recognize that family is an important part of the youth's life and treatment.

Families are welcome to visit their child at the facility.

As a youth continues their treatment, they can earn home passes to ensure a positive transition home.

To promote positive experiences for the youth and family during the program we offer:

- Family Night, Family Movie Night, Family Fun Day, and an annual Resource Fair

Visit us online at: [kids.delaware.gov/YRS](http://kids.delaware.gov/YRS)

## **Community Reentry**

Reentry planning begins at the time of placement. Treatment staff coordinate with the community probation officer to identify treatment needs for the youth's return home, so that services can be put in place upon discharge. Treatment team meetings occur throughout a youth's stay at the Residential Cottages. This is important for identifying needs, services, and barriers. Reentry plans are created as part of a collaborative process with the youth, family, education staff, treatment specialist, and probation officer.



*The youth served by the Division have varying needs. These needs are best met by a continuum of services that meet standards proven to reduce recidivism. These services are monitored for their commitment to their service model, their duration, and their service delivery dosage. As agents with a foundation rooted in the positive effects of well-delivered evidence-based programs, we continue to review the services offered to our youth to ensure they meet the standards for model efficacy.*

*"My favorite program has to be Lifeskills It has taught me about positive decision-making, anger control, and even how to make a resume. I'm learning real life scenarios that are really going to help my future."*

*-Resident, Snowden Cottage*